



6. Trefffurter Stadtlauf

Treffurt / 12.09.2009

Detailed evaluation

Böttger, Frank

Club: SV Mihla

Number: 2188

Course: 10.10 km

Geländelauf

Category:

Männer M50

Total time: 43:03

Speed: 14.08 km/h

Running performance: 4:16 min/km

Rank in course/Total: 36 (of 178)

Rank in course/Men: 35 (of 139)

Best time in course: 33:00

Rank in category: 3(of 11)

Best time in the category: 41:14

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Adolfsburg	7.20	31:57	4:26	3	1:58	32	7:34	7.20	31:57	4:26	3	1:58	31	7:31
Finish	3.00	11:06	3:41	4	0:11	32	2:32	10.10	43:03	4:15	3	1:49	35	10:03